

ANALISIS ASUHAN KEPERAWATAN PADA MAHASISWA DENGAN STRES AKADEMIK MELALUI PENERAPAN *EXPRESSIVE WRITING THERAPY* UNTUK MENURUNKAN STRES AKADEMIK DI WILAYAH KELURAHAN RAGAJAYA CITAYAM

Siti Fathimah Azzahra

Abstrak

Stres akademik merupakan kondisi psikologis yang muncul ketika mahasiswa merasa tertekan akibat ketidakmampuan dalam memenuhi tuntutan akademik. Sebuah pendekatan terapi efektif yang dapat dimanfaatkan guna mereduksi stres akademik adalah *expressive writing therapy*, yakni metode menulis bebas untuk mengekspresikan pikiran dan perasaan terdalam terhadap pengalaman emosional. Penelitian ini bertujuan untuk menganalisis penerapan asuhan keperawatan dalam menurunkan tingkat stres akademik mahasiswa melalui terapi *expressive writing*. Studi dilakukan pada dua orang mahasiswa dengan stres akademik berat. Intervensi diberikan selama empat hari berturut-turut, masing-masing satu sesi per hari, dan dikombinasikan dengan teknik relaksasi napas dalam. Evaluasi dilakukan menggunakan kuesioner *Perceived Academic Stress Scale* (PASS) dan catatan observasi harian. Hasil menunjukkan adanya penurunan tingkat stres akademik, di mana skor PASS klien menurun dari 56 dan 61 (kategori stres berat) menjadi 44 dan 45 (kategori stres ringan) setelah intervensi. Selain itu, klien mengalami peningkatan kemampuan koping, keterbukaan emosional, serta penurunan gejala kecemasan seperti gelisah dan gangguan tidur. Dengan demikian, *expressive writing therapy* terbukti berkontribusi terhadap penurunan stres akademik dan dapat diberikan sebagai bentuk intervensi keperawatan.

Kata kunci: *Expressive Writing*, Mahasiswa, Stres Akademik

ANALYSIS OF NURSING CARE FOR STUDENTS EXPERIENCING ACADEMIC STRESS WITH THE APPLICATION OF EXPRESSIVE WRITING THERAPY TO DECREASE ACADEMIC STRESS IN THE RAGAJAYA VILLAGE AREA, CITAYAM

Siti Fathimah Azzahra

Abstract

Academic stress is a psychological condition that arises when students feel overwhelmed due to their inability to meet academic demands. An effective therapeutic approach that can be used to reduce academic stress is expressive writing therapy, which is a free writing method to express deepest thoughts and feelings about emotional experiences. This study aims to analyze the implementation of nursing care in reducing academic stress levels among students through expressive writing therapy. The study was conducted on two students experiencing severe academic stress. The intervention was administered over four consecutive days, with one session per day, and was combined with deep breathing relaxation techniques. Evaluation was carried out using the Perceived Academic Stress Scale (PASS) questionnaire and daily observation notes. The results showed a reduction in academic stress levels, with PASS scores decreasing from 56 and 61 (severe stress category) to 44 and 45 (mild stress category) after the intervention. In addition, the clients experienced improved coping abilities, increased emotional openness, and a decrease in anxiety symptoms such as restlessness and sleep disturbances. Therefore, expressive writing therapy has been proven to contribute to reducing academic stress and can be given as a form of nursing intervention.

Keywords: Academic Stress, Expressive Writing, Students